

## CURRICULUM VITAE

Caroline R. Richardson, MD  
Assistant Professor, University of Michigan  
Research Scientist, VA Health Services Research & Development

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### Education and Training

|                      |  |
|----------------------|--|
| Sept 1982 - Jun 1986 | Massachusetts Institute of Technology, Cambridge, MA,<br>Bachelor of Science Degree in Theoretical Mathematics         |
| Sept 1990 - Jun 1994 | Harvard University Medical School, Boston, MA, MD Degree   |
| Jul 1994 - Jun 1995  | Family Practice Intern, PGY 1, St. Margaret Memorial Hospital,<br>Pittsburgh, PA                                       |
| Jul 1995 - Feb 1996  | Family Practice Resident, PGY 2, Hunterdon Medical Center,<br>Flemington, NJ   |
| May 1996 - May 1998  | Family Practice Resident, PGY 2-3<br>Thomas Jefferson University Hospital, Philadelphia, PA                            |
| Jul 1999 - Jun 2001  | Research Fellow, Robert Wood Johnson Clinical Scholars Program<br>University of Michigan Medical School, Ann Arbor, MI |

### Certification And Licensure

#### *Certification:*

|                    |   |
|--------------------|---|
| Jul 1998           | Board Certified in Family Medicine  |
| Jul 1998 - present | Controlled Substance Registration Certificate, US<br>Expiration 4/30/2009 |
| Mar 2005 - present | Basic Cardiac Life Support, Expiration 3/2007                             |
| Mar 2005 - present | Advanced Cardiac Life Support, Expiration 3/2007                          |

#### *Licensure:*

|                    |   |
|--------------------|---|
| Jan 1998 - present | Physician License, Board of Medicine, State of Michigan<br>Expiration 1/31/2008 |
|--------------------|---|

Jan 1998 - present                      Controlled Substance License, State of Michigan  
Expiration 1/31/2008

## **Academic, Administrative, and Clinical Appointments**

### ***Academic Appointments:***

Jul 1999 - Jun 2001                      Lecturer, Department of Internal Medicine  
University of Michigan Health Systems, Ann Arbor, MI

Aug 1998 - Jun 2003                      Lecturer, Department of Family Medicine  
University of Michigan Health Systems, Ann Arbor, MI

Jun 2003 - present                        Assistant Professor, Department of Family Medicine,  
University of Michigan Health Systems, Ann Arbor, MI

Sept 2003 - May 2004                      Visiting Lecturer, Department of Epidemiology,  
Graduate School of Public Health, University of Pittsburgh, Pittsburgh, PA

### ***Research Appointments:***

Sept 1989 - Aug 1990                      Gastroenterology Clinical Research Coordinator  
Faulkner Hospital, Department of Gastroenterology, Boston, MA

Jul 1999 - Jun 2001                      Research Fellow, Robert Wood Johnson Clinical Scholars Program  
University of Michigan Medical School, Ann Arbor, MI

Jan 2000 - present                        Research Scientist  
Institute for Research on Women and Gender,  
University of Michigan, Ann Arbor, MI

Aug 2001 - present                        Research Scientist  
VA Health Services Research and Development, Ann Arbor, MI

### ***Clinical Appointments:***

Aug 1998 - May 2002                      Attending Physician, The Corner Adolescent Health Clinic,  
Ann Arbor, MI

Aug 1998 - Jun 2003                      Attending Physician, Chelsea Family Practice Inpatient Service,  
Chelsea Community Hospital, Ann Arbor, MI

Aug 1998 - present                        Attending Physician, Dexter Family Practice Office, Dexter, MI

### ***Other Appointments:***

|                      |   |
|----------------------|---|
| Sept 1980 - Aug 1982 | Laboratory Manager/Programmer, Surgical Intensive Care Unit, Jackson Memorial Hospital, Miami, FL |
| Jan 1983 - Aug 1985  | Programmer, Psychology Dept., MIT, Cambridge, MA  |
| May 1985 - Aug 1985  | Statistical Programmer, Health Data Institute, Lexington, MA                                      |
| Jan 1989 - Aug 1989  | Computer Laboratory Manager, Department of Psychology, Shands Hospital, Gainesville, FL           |

### **Research Interests**

- 1) Physical activity
- 2) Chronic illness
- 3) Internet-mediated physical activity interventions

### **Grants**

#### ***Present and Active:***

##### **NIH – NHLBI (1 K23 HL075098)**

*Motivational Feedback to Increase Walking Adherence*

Principal Investigator, 09/30/04-08/31/09, \$875,868 total costs

##### **Department of Veterans Affairs Rehabilitation Research and Development Program (D3358R)**

*Does Step-Count Feedback Enhance Counseling for Weight Loss?*

Principal Investigator, 01/01/05-12/31/07, \$664,329 total costs

##### **NIH – NIDDKD (1 R18 DK066166)**

*Effective Care Management of Depressed Diabetes Patients*

Principal Investigator: Piette, 05/01/05-04/30/10, Co-Investigator, \$2,766,693 total costs

##### **Center for Health Communications Research, Univ. of Michigan**

*Stepping Up to Health: Expanding the Reach*

Principal Investigator, 01/01/06-12/31/06 (no cost ext 06/01/07), \$49,180 total costs

##### **RWJF (57408)**

*Enhancing Adherence by Building e-communities*

Principal Investigator, 07/01/06-06/30/09, \$300,000 total costs

***Previous:***

**American Academy of Family Practice Foundation (AAFPP)**

*Restless Legs Syndrome in Primary Care Survey Study*

Principal Investigator, 01/01/01-03/01/02, \$6,000 total costs

**Michigan Retirement Research Center (MRRC)**

*Implications of High Risk Health Behaviors on Work-Force Participation: Disability, Retirement, and Lost Productivity*

Principal Investigator: Langa, 10/01/01-09/30/02, Co-Investigator, \$50,000 total costs

**Kaiser Family Foundation Grant**

*Effect of Internet Filters on Access to Health Information*

Principal Investigator: Resnick, 01/01/02-12/31/02, Co-Investigator, \$185,706 total costs

**VA Ann Arbor Healthcare System**

*Pilot Testing of a New Tool for Exercise Intervention and Measurement*

Principal Investigator, 07/01/02-08/01/03

**VA Ann Arbor Healthcare System (LIP 41-102)**

*Feasibility of a Step Count Feedback and Weight Loss Counseling Intervention*

Principal Investigator, 08/01/03-09/01/04, \$10,000 total costs

**VA Ann Arbor Healthcare System (LIP 41-106)**

*Validity of the Step-Count Monitoring Devices*

Principal Investigator, 08/01/03-09/01/04, \$10,000 total costs

**Department of Epidemiology – University of Pittsburgh Graduate School of Public Health**

*Validation of Objective Physical Activity Measures in Mobile Older Adults*

Principal Investigator: Storti, 12/01/03-06/30/04, Co-Investigator, \$8,333 total costs

**Center for Health Communications Research (CHCR) – University of Michigan (*Direct sponsor*)**

NCI Center of Excellence in Cancer Communications Research (CECCR) (*Prime sponsor*)

*Tailoring on Objectively Measured Physical Activity*

Principal Investigator, 02/01/05-08/31/05, \$20,000 total costs

**MDRTC (5 P60 DK020572)**

*Automated Step-count Feedback to Promote Physical Activity in Diabetes*

Principal Investigator, 04/01/05-03/31/06 (no cost ext 08/01/06), \$42,500 total costs

***Pending:***

**NIMH**

*Health Promotion and Fitness for Younger and Older Adults with SMI*

Consultant

**NIH/NCI**

*Optimizing Step-Count, Goal Setting and Tailored Feedback to Increase Walking*

Principal Investigator: Ruffin, 04/01/07-03/31/11, Co-Investigator, \$2,388,113 total costs

**NIH**

*Michigan Diabetes Research and Training Center Grant: Behavioral, Clinical and Health Systems (BCHS) Intervention Research Core*

Principal Investigator: Anderson, 02/01/08-01/31/13, Co-Investigator, \$685,040 total costs

**VA**

*Using a Functional Assessment to Optimize Oxygen Therapy in Chronic Lung Disease*

Principal Investigator: Cohen, 04/01/07-03/31/08, Consultant, \$49,600 total costs

**Honors And Awards**

|                |   |
|----------------|---|
| May 10, 2001   | Best Paper Presentation at Michigan Family Practice Research Day, Lansing, MI   |
| April 22, 2002 | Gender Equity Award from AMWA for Interpersonal Violence and Abuse Sequence for Second Year Medical Students at the University of Michigan  |
| May 23, 2002   | Clinical Scholars Program Research Mentor Award   |
| May 15, 2004   | Honorable Mention, Society of Teachers of Family Medicine Best Research Paper Award for paper, "Does Pornography-blocking Software Block Access to Health Information on the Internet?" |
| May 24, 2004   | Token of Appreciation from Medical Students (TAMS) Award  |
| March 30, 2006 | Shining Star Award from UMHS for work on Katrina Relief effort  |

**Memberships in Professional Societies**

|                |   |
|----------------|---|
| 1992 - present | American Academy of Family Practice (AAFP)          |
| 1994 - present | Society for Teachers of Family Medicine (STFM)      |
| 2001 - present | North American Primary Care Research Group (NAPCRG) |
| 2002 - present | American College of Sports Medicine (ACSM)          |

**Editorial Positions, Boards, and Peer-Review Service**

|                      |  |
|----------------------|--|
| 1997 - present       | Journal of Family Practice (Patient Oriented Evidence that Matters [POEMs] section), <i>Reviewer</i> |
| 1999 - present       | Academic Medicine, <i>Ad-hoc reviewer</i>  |
| Dec 2002 - present   | American Journal of Preventive Medicine, <i>Reviewer</i>   |
| April 2003 - present | Medicine & Science in Sports & Exercise, <i>Reviewer</i>   |
| May 2003 - present   | Journal of Women's Health, <i>Reviewer</i>   |
| Nov 2003 - present   | Child Abuse & Neglect The International Journal, <i>Reviewer</i>                                     |
| Nov 2003 - present   | Journal of Medical Internet Research (JMIR), <i>Reviewer</i>   |
| Jan 2004 - present   | Obesity Research, <i>Reviewer</i>  |
| Mar 2004 - present   | American Journal of Managed Care, <i>Reviewer</i>  |
| Apr 2004 - present   | Ethnicity and Disease, <i>Reviewer</i>   |
| Oct 2004 - present   | Journal of General Internal Medicine, <i>Reviewer</i>  |
| Oct 2004 - present   | Psychological Medicine, <i>Reviewer</i>  |
| Nov 2004 - present   | ACP Medicine, <i>Reviewer</i>  |
| Sep 2005 - present   | European Journal of Pediatrics, <i>Reviewer</i>  |
| Aug 2006 - present   | BMC Psychiatry, <i>Reviewer</i>  |
| Apr 2007 - present   | Journal of the American College of Nutrition, <i>Reviewer</i>  |

## Teaching

|                       |   |
|-----------------------|---|
| 1998 - December 2002  | Inpatient Service Attending, Chelsea Community Hospital<br>Chelsea, MI  |
| 1998 - May 2002       | Resident Preceptor, The Corner Adolescent Health Clinic<br>Ypsilanti, MI  |
| 1999 - June 2006      | Sequence Director, Interpersonal Violence and Abuse Required<br>Sequence for 2 <sup>nd</sup> year Medical Students,<br>University of Michigan Medical School, Ann Arbor, MI |
| July 2001 - June 2003 | Mentor, Abby S. Letcher, RWJ fellowship   |

|                         |  |
|-------------------------|--|
| July 2001 - June 2003   | Mentor, Lou A. Lukas, RWJ fellowship                                       |
| Nov 2002 - June 2003    | Mentor, Frederick W. Kron, House Officer III, Senior research project      |
| April 2004 - present    | Dissertation Review (Michelle Segar), University of Michigan               |
| January 2005 - present  | Dissertation Review (Derek Hansen), University of Michigan                 |
| January 2005 - present  | Development of Obesity Standardized Patient materials for medical students |
| November 2006 - present | Dissertation Review (Jason Duvall), University of Michigan                 |

## **Committee, Organizational, and Volunteer Service**

### ***Institutional:***

#### ***Department:***

|                     |  |
|---------------------|--|
| Jan 1999 - Dec 2000 | Diabetes CQI Committee   |
| Apr 2005 - present  | Member, Advisory Committee on Academic Promotions and Tenure, Department of Family Medicine, University of Michigan Medical School, Ann Arbor, Michigan. |

### ***National:***

|                     |  |
|---------------------|--|
| Mar 1999 - Mar 2000 | NIH Consensus Panel on Restless Legs Syndrome Washington, D.C.   |
| Aug 2004 - present  | Member, STFM Research Committee  |
| Apr 2005 - Nov 2006 | Member, AMA Expert Committee on the Assessment & Prevention of Childhood Obesity and Adolescent Overweight & Obesity |

### ***Volunteer Service:***

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| 1986 - 1988 | Peace Corps Volunteer, Lesobeng secondary school, Lesotho, Southern Africa |
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## **Visiting Professorships, Seminars, and Extramural Invited Presentations**

### ***Extramural Invited Presentations:***

1. Opportunities for Research for the Family Practitioner. MAFP Spring Residents' Conference, Livonia, MI, March 21, 2003.

2. Research in Family Medicine. St. Margaret Family Practice Fellows, Pittsburgh, PA, January 22, 2004.
3. Physical Activity and Chronic Disease. Grand Rounds Conference, West Penn Hospital, Pittsburgh, Pennsylvania, February 23, 2004.
4. Physical Activity and Health. Forbes Regional Hospital, Monroeville, PA, March 2, 2004.
5. Diabetes and Physical Activity. Nursing Horizons 2004: Innovations In Practice, School of Nursing, University of Pittsburgh, Pittsburgh, PA, March 12, 2004.
6. What Can Physicians do to Prevent Diabetes? Residency Research Network of South Texas (RRNeST), San Antonio, TX, April 30, 2004.
7. Physical Activity: the Elixir of Life. Department of Family and Community Medicine, University of Texas Health Science Center, San Antonio, TX, April 30, 2004.
8. Automated Physical Activity Self-Monitoring. Behavioral Cardiovascular Center, Columbia University, November 30, 2005.
9. Physical Activity and Technology. Reaching Out – Innovations in Technology Symposium, American Diabetes Association's 66<sup>th</sup> Scientific Session, Washington, DC, June 12, 2006.

***Other Presentations:***

1. Management of Chronic Hepatitis. Family Medicine Grand Rounds, Thomas Jefferson University, Philadelphia, PA, 1996.
2. Zinc Gluconate and the Common Cold: A Prospective Meta-Analysis. Presentation to the Department Committee on Research, Thomas Jefferson University, Philadelphia, PA, 1997.
3. Low Back Pain: An Evidence Based Approach. Family Medicine Morning Conference, Thomas Jefferson University, Philadelphia, PA, 1997.
4. Computers in the Office. Family Medicine Morning Conference, Thomas Jefferson University, Philadelphia, PA, 1997.
5. Pediatric Anemia. Family Medicine Grand Rounds, Thomas Jefferson University, Philadelphia, PA, 1997.
6. The Exercise Prescription. Family Medicine Grand Rounds, Thomas Jefferson University, Philadelphia, PA, 1997.
7. Applying Feminist Principles to the Professional Practice of Medicine. Feminist Professional Practice Seminar, Guest Lecturer University of Michigan, Ann Arbor, MI, February 1999.
8. The Exercise Prescription, Viral Hepatitis, and Pediatric Anemia. Continuing Medical Education Course, Boyne Highlands Family Practice Update, February 1-2, 2000.
9. Physical Activity, Physical Fitness and Exercise in Chronic Illness. RWJ Clinical Scholars Research Seminar, University of Michigan, Ann Arbor, MI, March 8, 2000.
10. Restless Legs Syndrome: how prevalent? UPRNet Conference, Traverse City, MI, April 14-15, 2000.



11. Beneficial Effects of Exercise in Disease: What is the Evidence? Annual Spring Update in Internal Medicine, Continuing Medical Education Conference, University of Michigan, Ann Arbor, MI, May 5, 2000.
12. Research Statistics. Research Workshop for Sports Medicine Fellows, American Medical Society for Sports Medicine, University of Michigan, Ann Arbor, MI, July 29, 2000.
13. Logistic Regression Techniques. Robert Wood Johnson Clinical Scholars Healthcare Literature Seminar: University of Michigan, Ann Arbor, MI, January 31, 2001.
14. History of Childhood Sexual Abuse: why ask? Spring Family Practice Update, Ann Arbor, MI, March 6-9, 2001.
15. Restless Legs Syndrome in a Family Practice Office Population. Michigan Family Practice Research Day, Lansing, MI, March 10, 2001.
16. The Benefits of Increasing Physical Activity in Low Income and High CV Risk Groups. Robert Wood Johnson Clinical Scholars Research Seminar, Ann Arbor, MI, April 19, 2001.
17. Restless Legs Syndrome in a Family Practice Office Population. Poster presentation. Society for Teachers of Family Medicine National Meeting, Denver, CO, April 29, 2001.
18. Physical Activity Promotion: Changing Resident and Patient Behavior. 22<sup>nd</sup> Forum for Behavioral Science in Family Medicine, Chicago, IL, September 29, 2001.
19. History of Childhood Sexual Abuse: Why Ask? 22<sup>nd</sup> Forum for Behavioral Science in Family Medicine, Chicago, IL, September 30, 2001.
20. The Benefits of Increasing Physical Activity in Low Income and High CV Risk Groups. Poster Presentation. CR Richardson, RA Hayward, PM Lantz. Cooper Institute for Aerobic Research Scientific Meeting: Mediators of Physical Activity, Dallas, TX, October 6, 2001.
21. Increasing Women's Pleasure and Participation in Physical Activity: Addressing the Objectification of Women. Poster Presentation. M Segar, CR Richardson. The Cooper Institute for Aerobic Research Scientific Meeting: Mediators of Physical Activity, Dallas, TX, October 6, 2001.
22. Cardiovascular Disease Risk, Socioeconomic Status, Physical Activity, and Mortality. Robert Wood Johnson Clinical Scholars National Meeting, Ft. Lauderdale, FL, November 9, 2001.
23. Measuring Physical Activity in Diabetes Research. HSR&D meeting, Ann Arbor, MI, December 4, 2001.
24. Opportunities and Challenges in Working with Health-Related Secondary Data sets: HRS/AHEAD Data. HSR&D meeting, Ann Arbor, MI, May 21, 2002.
25. Disability Costs of Poor Health Habits. RWJ 2002 National Meeting, Ft. Lauderdale, FL, November 7, 2002.
26. Prevalence of Restless Legs Syndrome in Family Practice Patients. NAPCRG 2002 Annual Meeting, New Orleans, LA, November 18, 2002.
27. Measuring Physical Activity and Fitness in Primary Care Research. NAPCRG 2002 Annual Meeting, New Orleans, LA, November 19, 2002.

28. Survival Analysis: The Big Picture. Robert Wood Johnson Clinical Scholars Healthcare Literature Seminar, Ann Arbor, MI, May, 2003.
29. VO2 max estimates incorporating rr variability: validity in sedentary women and in cardiac rehabilitation patients. Poster Presentation. Richardson CR, Draper TA, Rubenfire M, Hofer TP, Kiningham RB. ACSM 50<sup>th</sup> Annual Meeting, San Francisco, CA, May 29, 2003.
30. Restless Legs Syndrome in Primary Care. Poster Presentation. Richardson CR, Mihaescu M, Klinkman MS, Malow BA. APSS 17<sup>th</sup> Annual Meeting, Chicago, IL, June 7, 2003.
31. Internet Screening Software and Information Accessibility, Family Practice Updates CME, Towsley Center, Ann Arbor, MI, September 18, 2003.
32. Depression and Physical Activity, Family Practice Updates CME, Towsley Center, Ann Arbor, MI, September 18, 2003.
33. Does Internet Pornography-Blocking Software Block Access to Health Information?, STFM Annual Meeting, Atlanta, GA, September 24, 2003.
34. Does Pornography-Blocking Software Block Access to Health Information on the Internet?, 2003 STFM: NorthEast Region Meeting and Residency Fair, Pittsburgh, PA, October 18, 2003.
35. Increasing lifestyle physical activity in patients with serious mental illness. Poster Presentation. Richardson C, Marcus S, Neal D, Avripas S. Physical Activity and Mental Health: A Multidisciplinary Approach Conference, The Cooper Institute, Dallas, TX, October 24, 2003.
36. Prevention of Type II Diabetes with Diet and Exercise. Department of Family Medicine, Grand Rounds, Ford Auditorium, Ann Arbor, MI, September 8, 2004.
37. Prevention of Type II Diabetes with Diet and Exercise. Update in Family Medicine, CME, Towsley Center, Ann Arbor, MI, September 23, 2004.
38. Feasibility Of Using Enhanced Pedometer Feedback With Nutritional Counseling To Increase Walking And Decrease Weight In High-Risk Patients. Poster Presentation. CR Richardson, S Foley, KS Dial, JC Lowery. ADA FNCE, Anaheim Convention Center, Anaheim, CA, October 5, 2004.
39. Multidisciplinary Approaches to Anxiety and Depression. Medical students, Ann Arbor, MI, October 25, 2004.
40. The Psychology of Pedometers. HSR&D meeting, Ann Arbor, MI, November 8, 2004.
41. The Art and Science of Goal Setting. Department of Family Medicine Research Meeting, Ann Arbor, MI, February 1, 2005.
42. Subjective Measures of Physical Activity (guest lecturer). Nursing students taking the Physical Activity and Health in Nursing class, Ann Arbor, MI, February 8, 2005.
43. Medical Management of Obesity (guest lecturer). 2<sup>nd</sup> Year medical students, Ann Arbor, MI, February 10, 2005.
44. Measuring Physical Activity for Health Services Researchers. Workshop. HSR&D Annual Meeting, Baltimore, MD, February 18, 2005.

45. Objective Measures of Physical Activity (guest lecturer). Nursing students taking the Physical Activity and Health in Nursing class, Ann Arbor, MI, February 22, 2005.
46. Lifestyle Change to Prevent Diabetes (guest lecturer). Students taking the Obesity and Eating Disorders Class, SPH, Ann Arbor, MI, March 9, 2005.
47. Stepping Up to Health: a web-based intervention to promote walking in patients with diabetes, Center for Health Communications Research (CHCR), Ann Arbor, MI, March 16, 2005.
48. Walk Your Talk follow up: a lifestyle invention program promoting physical activity and health eating in people with serious mental illness. Washtenaw County Health Organization (WCHO), Ann Arbor, MI, April 5, 2005.
49. What can Physicians Learn from Supersize Me? STFM Annual Meeting, New Orleans, LA, May 2, 2005.
50. Energy and Metabolism in Human Growth & Development (guest lecturer). 1<sup>st</sup> Year medical students, Ann Arbor, MI, May 24, 2005.
51. Stepping Up To Health. MDRTC P & C meeting, Ann Arbor, MI, June 8, 2005.
52. Chronic Case Discussion. 3<sup>rd</sup> year medical students, Ann Arbor, MI, August 12, 2005.
53. Medical and Public Health Response to Disaster. Department of Family Medicine, Resident Conference, Women's Hospital, Ann Arbor, MI, October 5, 2005.
54. Stepping Up to Health: A progress report. Center for Health Communications Research, University of Michigan, Ann Arbor, MI, October 7, 2005.
55. Usability Testing of an Automated Step-count Feedback Intervention to Promote Physical Activity in Individuals with Diabetes. Poster Presentation. Richardson CR, Newton TL, Nandwana BR, Fortlage LA. ACSM/UIUC Walking for Health: Measurement and Research Issues and Challenges Conference, University of Illinois, Champaign-Urbana, IL, October 13, 2005.
56. Energy Balance. 2<sup>nd</sup> year medical students, Ann Arbor, MI, October 17, 18 & 20, 2005.
57. Physical Activity and Health. Nurse Practitioners, Ann Arbor, MI, October 20, 2005.
58. Promoting Physical Activity in Primary Care. Sports Medicine for the Primary Care Physician, CME, Towsley Center, Ann Arbor, MI, October 26, 2005.
59. CECCR Project Demonstration: Stepping Up to Health. CECCR Awards Conference, Duderstat Center, Ann Arbor, MI, November 17, 2005.
60. Veterans Walk for Health Study: overview and recruitment objectives. Veterans Walk for Health staff, Memphis VA, Memphis, TN, December 15, 2005.
61. Veterans Walk for Health Study: overview and recruitment objectives. Veterans Walk for Health staff, Oklahoma City VA, Oklahoma City, OK, January 12, 2006.
62. Interpersonal Violence and Abuse: introduction and epidemiology. 1<sup>st</sup> year medical students, Medical Science Bldg. 1, Ann Arbor, MI, January 23, 2006.
63. Stepping Up to Health: a web based walking program for people with Diabetes. RWJ CSP Research Seminar, Medical Science Bldg. 1, Ann Arbor, MI, January 25, 2006.

64. Careers in Family Medicine. Multi-cultural Pre-Health Association, Michigan Union, Ann Arbor, MI, January 25, 2006.
65. The Veterans Walk for Health Study: Design and Recruitment. Healthcare Providers, Tucson VA, Tucson, AZ, February 7, 2006.
66. Survival Analysis. RWJ CSP, Medical Science Bldg. 1, Ann Arbor, MI, February 8, 2006.
67. Enhancing Adherence by Building E-communities. Department of Family Medicine Research meeting, Research Office, Ann Arbor, MI, February 21, 2006.
68. Veterans Walk for Health. Medicine Grand Rounds, Kansas VA, Topeka, KS, February 23, 2006.
69. Health and Weight-loss Motives for Exercising Do Not Get Midlife Women Moving. Poster Presentation. Segar M, Peck S, Richardson C, Eccles J. Society of Behavioral Medicine 27<sup>th</sup> Annual Meeting, San Francisco, CA, March 2006.
70. Usability Testing of an Automated Step-count Feedback Intervention to Promote Physical Activity in Individuals with Diabetes. Poster Presentation. Newton TL, Nandwana BH, Fortlage LA, Richardson CR. Aging Research Symposium, Ann Arbor, MI, April 6, 2006.
71. Enhanced Pedometer Interventions: Theoretical and Practical Advantages. Poster Presentation. Richardson CR, Janney AW. International Congress on Physical Activity and Public Health (ICPAPH), Atlanta, GA, April 20, 2006.
72. Planning Data Analysis. STFM Faculty Development Series Workshop II: Research Skills, Getting Started with the Basics, STFM 2006 Annual Meeting, San Francisco, CA, April 26, 2006.
73. Getting Your Proposal Accepted: Tips From the Reviewers. Members of the STFM Program Committee and the STFM Research Committee. STFM 2006 Annual Meeting, San Francisco, CA, April 28, 2006.
74. Career Development Awards: What Are They and How Do I Get One? Richardson C, Reed B, Lindbloom E. STFM 2006 Annual Meeting, San Francisco, CA, April 30, 2006.
75. Preventive Medicine Overview, Definitions and Recommendations. Residents, Ann Arbor, MI, May 18, 2006.
76. Energy and Metabolism in Human Growth & Development (guest lecturer). 1<sup>st</sup> Year medical students, Ann Arbor, MI, May 23, 2006.
77. A Systematic Review of Pedometer-Based Walking Interventions for Weight Loss. Richardson C, Newton T, Sen A, Jimbo, M. ACSM 2006 Annual Meeting, Denver, CO, June 3, 2006.
78. Care of the Obese Patient. Residents, Ann Arbor, MI, August 2, 2006.
79. Physical Activity and Health. Nurse Practitioner students, Ann Arbor, MI, September 14, 2006.
80. Energy Balance (elective): Promoting Physical Activity Behavior Change. 2<sup>nd</sup> year medical students, Ann Arbor, MI, October 24, 2006.

81. Sports Medicine for the Primary Care Physician: Integrating Exercise Promotion into Primary Care Practice. Family Practice Updates CME, Towsley Center, Ann Arbor, MI, October 25, 2006.
82. Bout Steps vs. Total Steps for Pedometer Goal Setting. Poster Presentation. Richardson CR, Mehari KS, Fortlage LA, Janney AW, Sen A, Piette J. CACR UM Human Subjects Research-Networking Expo, Ann Arbor, MI, November 8, 2006.
83. Stepping Up to Health: An Update. Center for Health Communications Research, Ann Arbor, MI, December 8, 2006.
84. Stepping Up to Health With Chronic Pain. Chronic Pain and Fatigue Research Center, Ann Arbor, MI, January 22, 2007.
85. The Effect of Goal-Setting Strategies on Bout Step Count in Type 2 Diabetes. Poster Presentation. Richardson CR, Mehari KS, McIntyre LG, Janney AW, Fortlage LA, Sen A, Strecher VJ, Piette J. Society of Behavioral Medicine's 28<sup>th</sup> Annual Meeting and Scientific Sessions, Washington, DC, March 23, 2007.
86. Physical Activity, Health & Well-being. Update in Integrative Medicine, Towsley Center, Ann Arbor, MI, March 29, 2007.

## **Bibliography**

### ***Peer-Reviewed Journals and Publications:***

1. Thorpy M, Ehrenberg BL, Hening WA, Mahowald M, Malow BA, Phillips B, Richardson CR, Wellbery C. Restless Legs Syndrome: detection and management in primary care. Am Fam Phys, 62(1):108-14, 2000.
2. Abraczinska DR, Ookubo R, Grace ND, Groszmann RJ, Bosch J, Garcia-Tsao G, Richardson CR, Matloff DS, Rodes J, Conn HO. Propranolol for the prevention of first esophageal variceal hemorrhage: a lifetime commitment. Hepatology, 34(6):1096-1102, 2001.
3. Segar M, Jayaratne T, Hanlon J, Richardson CR. Fitting fitness into women's lives: effects of a gender-tailored physical activity intervention. Women's Health Issues, 12(6):338-47, 2002.
4. Richardson CR, Resnick PJ, Hansen D, Rideout VJ. Does pornography blocking software block access to health information on the Internet? JAMA, 288(22):2887-94, 2002.
5. Hansen DL, Derry HA, Resnick PJ, Richardson CR. Adolescents searching for health information on the Internet: an observational study. J Med Internet Res, 5(4):e25, 2003.
6. Piette J, Richardson C, Valenstein M. Addressing the needs of patients with multiple chronic illnesses: the case of diabetes and depression. Am J Manag Care, 10:41-51, 2004.
7. Resnick PJ, Hansen D, Richardson CR. Calculating error rates for filtering software. CACM, 47(9):67, 2004.
8. Richardson CR, Kriska AM, Lantz PM, Hayward RA. Physical activity and mortality across cardiovascular disease risk groups. Med Sci Sports Exerc, 36(11):1923-9, 2004.
9. Pettee KK, Kriska AM, Richardson CR (2004). Physical activity epidemiology from supercourse: epidemiology, the Internet and global health. Available Online: <http://www.pitt.edu/~super1/lecture/lec16411/index.htm>

10. Richardson CR, Faulkner G, McDevitt J, Skrinar GS, Hutchinson DS, Piette JD. Integrating physical activity into mental health services for individuals with serious mental illness. Psychiatr Serv, 56(3):324-31, 2005.
11. Richardson CR. A lifestyle physical activity program for persons with serious mental illness. Psychiatr Serv, 56(3):354, 2005.
12. Richardson CR, Brown BB, Foley S, Dial KS, Lowery JC. Feasibility of adding enhanced pedometer feedback to nutritional counseling for weight loss. J Med Internet Res, 7(5):e56, 2005.
13. Richardson CR, Avripas SA, Neal DL, Marcus SM. Increasing lifestyle physical activity in patients with depression or other serious mental illness. J Psychiatr Pract, 11(6):379-88, 2005.
14. Pettie KK, Brach JS, Kriska AM, Boudreau R, Richardson CR, Colbert LH, Satterfield S, Visser M, Harris TB, Ayonayon HN, Newman AB. Influence of marital status on physical activity levels among older adults. Med Sci Sports Exerc, 38(3):541-6, 2006.
15. Richardson CR, Schwenk TL. Helping sedentary patients become more active: a practical guide for the primary care physician. J Clin Outcomes Manage, 14(3):161-171, 2007.

***Patient Oriented Evidence that Matters (POEMs) Reviews for Journal of Family Practice:***

1. Richardson CR. Glucose-based oral rehydration therapy. J Fam Pract, 43(4):344-345, 1996.
2. Richardson CR. Parents and pediatrics procedures. J Fam Pract, 44(2):131, 1997.
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